



Longparish CE Primary School



Practical things to do to enhance children's spiritual development

- Focus on the five senses – sight, touch, hearing, taste and smell – and find ways of bringing them to your children's attention.
- Take time to sit for even 30 seconds and enjoy complete silence and stillness.
- Help your children to notice the shape of clouds, the phases of the moon, or how a tree changes through the seasons.
- Listen to and appreciate your children's enthusiasm about animals, plants and rocks.
- Help your children to listen to others, as well as to experience being listened to. Ask your children about their day, and tell them about yours.
- Talk about thoughts and feelings.
- Encourage your children to collect "treasures" like feathers or leaves.
- Make a prayer tree or net in your house or garden. Tie on a ribbon for each prayer.
- Go for an "eyes shut" walk, with one of you guiding and describing what you see.
- Imagine what life would have been like at the time of Jesus or one of the saints. What would you say to them, or ask them?
- Choose a special place where you keep a children's Bible, a cross, or a religious picture. This could be a place where your children can go to be quiet or to say a prayer.
- As part of the bed-time routine, bless your children with the sign of the cross or sing a special song.
- Let your children watch or listen when you pray silently or with words.
- When you go to church, give your children time to explore and make sure they can see what is happening.

Christian journeying with children

Why is it important to introduce your children to a specific religion? Isn't it enough to teach them to be caring and sensitive to others and to the natural world? One of the greatest needs of children is for relationship. Remember that spirituality is our encounter and relationship with God. By introducing your children to Christianity you help them to draw close to God, who is love.

Children are capable of enjoying the presence of God, and of giving themselves to God's love in a very deep way. Their relationship with God will be unique. Within Christianity it will be an experience of love without limits.